

WHAT IS CLAIMED IS:

1. A vibration type drive unit comprising:
 - a plate-like elastic body;
 - an electromechanical energy conversion element5 fixed to a side surface of the plate-like elastic body;
 - a column-like elastic body formed on a central portion on a surface of the plate-like elastic body which differs from the surface to which the10 electromechanical energy conversion element is fixed; and
 - a moving element which is in contact with the surface of the plate-like elastic body,
 - wherein when an alternating signal is supplied15 to the electromechanical energy conversion element, a progressive wave is generated on the surface of the plate-like elastic body, and the moving element is driven by the progressive wave.20 2. The vibration type drive unit according to claim 1, wherein the column-like elastic body has a shape such that the column-like elastic body protrudes in a direction perpendicular to the surface to which the electromechanical energy conversion 25 element is fixed.
 3. The vibration type drive unit according to

claim 1, further comprising a supporting member fixing the plate-like elastic body and the column-like elastic body, wherein the moving element rotates and moves about the supporting member.

5

4. A vibration type drive unit comprising:
 - a vibrator made of an elastic body to which an electromechanical energy conversion element is fixed; and
 - 10 a moving element which is in contact with a surface of the vibrator,
 - wherein the vibrator is in contact with the moving element by a surface of the vibrator which is positioned in the side opposite to the surface to
 - 15 which the electromechanical energy conversion element is fixed, a part of the vibrator opposes an inner diameter portion of the moving element, and
 - when an alternating signal is supplied to the electromechanical energy conversion element, a
 - 20 progressive wave is generated on the surface of the plate-like elastic body so that the moving element is driven by the progressive wave.

5. The vibration type drive unit according to
25 claim 4, further comprising a supporting member fixing a member constructing the vibrator, wherein the moving element rotates and moves about the

supporting member.

6. A vibration type drive unit comprising:
 - a vibrator made of an elastic body to which an electromechanical energy conversion element is fixed;
 - and
 - a moving element which is in contact with a surface of the vibrator,
 - wherein when an alternating signal is supplied to the electromechanical energy conversion element, the vibrator generates a plurality of bending vibrations which are displaced in a direction approximately perpendicular to a predetermined surface of the electromechanical energy conversion element and a plurality of bending vibrations which are displaced in a direction approximately parallel to the predetermined surface, and
 - the moving element is driven by a progressive wave generated by synthesis of the plurality of bending vibrations that are displaced in the approximately perpendicular direction.
7. The vibration type drive unit according to claim 6, wherein the degrees of the plural bending vibrations which are displaced in the direction approximately perpendicular to the predetermined surface of the electromechanical energy conversion

element are the same mutually, and the degrees of the plural bending vibrations which are displaced in the direction approximately parallel to the predetermined surface are the same mutually.

5

8. The vibration type drive unit according to
claim 7, wherein the degrees of the plural bending
vibrations which are displaced in the direction
approximately perpendicular to the predetermined
10 surface of the electromechanical energy conversion
element differ from the degrees of the plural bending
vibrations which are displaced in the direction
approximately parallel to the predetermined surface.

15 9. The vibration type drive unit according to
claim 6, further comprising a supporting member
fixing a member constructing the vibrator, wherein
the moving element rotates and moves about the
supporting member.

20